

# GYM SCHEDULE

June 30th - August 24th

Tong Louie Family YMCA Surrey



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday					
	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2	Gym 1	Gym 2				
5:00											Note: Open Gym times are designed to accommodate all members/participants. During this time the gym must be shared between activities							
5:30																		
6:00																		
6:30	Healthy Heart 6:45am-9:15am				Healthy Heart 6:45am-9:15am				Healthy Heart 6:45am-9:15am		Drop-In Badminton 7:00am-9:00am							
7:00																		
7:30																		
8:00																		
8:30											Preschool Drop-In Gym 11:30-1:30pm							
9:00	Summer Day Camp 9:00am-12:00pm		Summer Day Camp 9:00am-12:00pm		Summer Day Camp 9:00-10:30am		Summer Day Camp 9:00am-12:00pm		Summer Day Camp 9:00am-12:00pm						Birthday Parties 9:00-3:00pm			
9:30																		
10:00																		
10:30																		
11:00					Preschool Drop In Gym 10:30-12:30pm	Summer Day Camp 10:30-12:00pm												
11:30																		
12:00				Soccer Tots 12:00-12:55pm			Toddler Gymnastics 12:15-1:00pm	Preschool Gym & Swim 12:15-1:00pm			Preschool Drop-In Gym 12:30-1:30pm							
12:30																		
1:00	Summer Day Camp 1:00pm-4:00pm		Summer Day Camp 1:00pm-4:00pm		Summer Day Camp 1:00-4:00pm		Tumbleweeds Gymnastics 1:15-2:15pm	Summer Day Camp 1:00pm-4:00pm		Summer Day Camp 1:00-4:00pm		Sports of all Sorts 2:00-2:55pm		Birthday Parties 1:00-6:00pm				
1:30																		
2:00																		
2:30																		
3:00																		
3:30							Y'd World of Sports 2:30-3:30pm											
4:00				Soccer Kidz			Kinder Gymnastics 3:30-4:25pm				Kids Hoops B-ball Level 1 3:00-4:00pm		Birthday Parties 3:00-4:30pm					
4:30											Soccer Stars Level 1 4:00-4:55pm	Birthday Parties 4:00-5:00pm						
5:00			Kickers Soccer Level 1 5:00-5:55pm	Family Bouncy Gym Time! 5:00-6:55pm	Shooting Stars B-ball 2 5:00-5:55pm						Soccer Stars Level 2 5:00-5:55pm		Family Night 5:00-8:00pm					
5:30	Open Climbing 5:15-7:15pm	Karate 5:30-7:30pm ( Full Gym )																
6:00	Open Gym Starts at 7:30pm		Kickers Soccer Level 2 6:00-6:55pm		Gym & Swim 6:00-7:00pm			Karate 5:30-7:30pm ( Full Gym )										
6:30																		
7:00			Gauntlet 7:00pm-8:00pm															
7:30																		
8:00								Circuit 7:40pm-8:40pm										
8:30																		
9:00																		
9:30	Drop-in Adult Badminton 9:00-10:55 pm		Drop-in Adult Volleyball 9:00-10:55 pm		Drop-in Adult Soccer 9:00-10:55pm			Drop-in Adult Basketball 9:00pm-10:55pm										
10:00																		
11:00																		

NOTE: Registered classes are in grey  
DROP IN programs are no charge for members and for those paying a day use fee. Other programs require registration. Schedule is subject to change.